

American Fork Junior High Media Safety Guidelines

The Counselors and Administrators of American Fork Jr. High feel it necessary to discuss some important issues regarding social media safety. This will be a very short presentation. We will not answer questions at this time. However, we recommend discussing these issues with your parents. A copy of this presentation is posted on the school website. You are also welcome to visit with your counselor.

- I. Social Media (Facebook, Twitter, You Tube, My Space, Blogs, Texting, etc.) is rapidly becoming a main source of communication in the world. We want to give you some safety tips to remember.
 - A. Carefully consider what you post before you post photos, videos, or text. Once posted, what you post is out of your control and is available to others -even if you think you have removed it. Ask yourself if it would embarrass you if your family or future employer saw them.
 - B. Passwords are secret and should not be shared with anyone but a parent or guardian.
 - C. Never use private contact information (email address, phone number, school you attend, home address, birthday, etc.) in any public space.
 - D. Don't believe everything you read or view online. Just because someone tells you or claims they are a certain age or gender online does not mean it is the truth.
 - E. Never open a message from someone you do not know. Messages from strangers often contain viruses or inappropriate material.
 - F. If it doesn't look or "feel right," it probably isn't. Trust your instincts. Anytime you are on the Internet or receive something on your phone that makes you feel uncomfortable, tell a parent or trusted adult.
- II. Cyberbullying is one type of inappropriate social media use.
 - A. Cyberbullying involves the use of information and communication technologies to bully. Like other forms of bullying, the bully is trying to establish power or control over others. The bully tries to make others feel bad about themselves. Cyberbullies use all forms of social media instead of face-to-face interaction.
 - B. Cyberbullying is becoming more popular because the anonymity the Internet can provide.
 - C. If you are the victim of a cyberbully, you should:
 - (1) Tell a parent or trusted adult.
 - (2) Don't reply to messages from cyberbullies. They want you to reply.
 - (3) Don't erase or delete cyberbully messages until instructed to do so by an authority.
 - (4) www.cyberbullying.org has information sheets that give more detailed information.
- III. Sexting is another type of inappropriate social media use.
 - A. It is a felony to manufacture, possess, or distribute child pornography. However, as a minor, you may be charged with a misdemeanor.

- B. Apps like Snapchat or Vine can make some students feel it is safe to post inappropriate photos or videos that will be deleted after a certain amount of time. However, it has been proven that these photos are still accessible after the photos expire on the app.
- C. Because manufacturing or distributing child pornography is illegal, you may be prosecuted if you participate in these activities. This means you will have a criminal record. For example, if you take inappropriate pictures of yourself and send them to a friend, you may be charged with 3 misdemeanors; manufacturing, possession, and distribution of child pornography.
- D. If you receive such pictures or texts you should:
 - (1) Immediately bring it to the attention of a parent or trusted adult; don't wait. Some students may feel bad or worry that they will get into trouble if they bring it to the attention of an adult.
 - (2) Do not send it on or show it to other students.
 - (3) Do not delete it until instructed to do so by an authority.

In closing, we just want to impress upon you the seriousness of these issues. We want you to be aware and safe when using all forms of media. When in a situation that you feel uncomfortable, it is always smart to seek advice from a parent or trusted adult.